

MORNING PRODUCTIVITY ROUTINE

DATE:
WAKE UP TIME:
FOCUS LEVEL:

STATUS	TIME	CORE HABIT	ENERGY
	06:00 AM	Hydration & Movement	○○○
	06:30 AM	Mindfulness / Meditation	○○○
	07:00 AM	Deep Work Session (90m)	○○○
	08:30 AM	Healthy Breakfast	○○○
	09:00 AM	Review Daily Priorities	○○○
	09:15 AM	Inbox Zero & Comms	○○○

TODAY'S WIN & OBSTACLES: